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## **ABSTRACT**

A high pressure discharge lamp includes a quartz glass bulb, a conductive element which is sealed at a sealing portion of the bulb, and a pair of electrodes. Each electrode is disposed in the quartz glass bulb so as to be opposite the other and connected to the conductive element. A part of each electrode is sealed with the quartz glass bulb at the sealing portion so as to generate a contacting portion formed by the part of each electrode and the bulb. The maximum length,  $L_{max}$ , of the contacting portion is defined as:  $L_{max}$  (mm)  $\leq 200$  / (P×D); and the minimum length,  $L_{min}$ , of the contacting portion is defined as:  $L_{min}$  (mm)  $\geq 0.8$  / (D<sup>2</sup>× $\pi$ ) or  $L_{min}$  (mm)  $\geq 0.7$  whichever is longer, where D is the diameter (mm) of the electrode and P is the power (W) supplied to the electrode.